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they are not produced in the human body. With a rapid increase in old people population, the number of people suffering from age-related illnesses such as senile dementia is increasing. Such age-related diseases are closely related to the function of the brain. Thus a method is desired to strengthen the brain function by replenishing DHA from foods.

Page 3, replace the paragraph beginning at line 12 with the following paragraph:

b4
Other features and objects of the present invention will become apparent from the following description made with reference to the accompanying drawings.

Page 4, line 4, replace the heading with the following new heading:

b5
DESCRIPTION OF THE PREFERRED EMBODIMENT

replace the paragraph beginning at line 11 with the following paragraph:

b6
Linoleic acid and α -linolenic acid can be extracted from various vegetable and animal oils, such as flax powder, flaxseed meal, flaxseed oil, other flax oils, and Perilla oil. They may be used separately or mixed together. The linoleic and α -linolenic acids used in the present invention need not be refined ones. An intended higher unsaturated fatty acid composition may be prepared by adding oils containing linoleic and α -linolenic acid to foods containing higher unsaturated fatty acids such as food for livestock so that the contents of linoleic and α -linolenic acid will be at predetermined values.

Page 5, replace the paragraph beginning at line 14 with the following paragraph:

b7
For example, it is necessary to take 1/3 of the daily requirement at each meal (i.e. at least 3 grams per meal for an adult weighing 60 kg), or eight capsules each weighing 0.4 gram at each meal. For this purpose, the composition of the present invention may be added to various foods (broiled or cooked), soy oil as a salad oil, dairy products, capsules, bakeries, cereals, soy

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milk, etc.

In the Abstract:

Page 12, replace the paragraph beginning at line 3 with the following paragraph:

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A composition that makes it possible to take DHA efficiently. The composition contains linoleic fatty acid (n-6, 18 : 2) and α -linolenic fatty acid (n-6, 18 : 2) so that the weight ratio of the linoleic fatty acid to the α -linolenic fatty acid is 0.05 - 7.5.

In the Claims:

Kindly cancel claims 3 and 4 without prejudice.

Please amend the claims as follows.

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1. (Amended) An unsaturated fatty acid composition consisting essentially of linoleic fatty acid (n-6, 18 : 2) and α -linolenic fatty acid (n-3, 18 : 3), wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-7.5.

2. (Amended) The composition as claimed in claim 1, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid is 0.05-2.0.

Kindly add the following new claims.

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5. A capsule comprising linoleic fatty acid (n-6, 18 : 2) and α -linolenic fatty acid (n-3, 18 : 3), wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said capsule is 0.05-7.5.

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6. The capsule as claimed in claim 5, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid is 0.05-2.0.

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7. An oil comprising linoleic fatty acid (n-6, 18 : 2) and α -linolenic fatty acid (n-3, 18 : 3), wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said oil is 0.05-7.5.

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8. The oil as claimed in claim 7, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid is 0.05-2.0.

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9. A method of maximizing synthesis of Docosahexaenoic acid in an animal, said method comprising administering an unsaturated fatty acid composition comprising linoleic fatty acid (n-6, 18 : 2) and α -linolenic fatty acid (n-3, 18 : 3) to the animal, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-7.5.

10. The method as claimed in claim 9, wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid is 0.05-2.0.

11. The method as claimed in claim 9, wherein the composition is added to a food before being administered to the animal.

12. The method as claimed in claim 10, wherein the composition is added to a food

before being administered to the animal.

13. The method as claimed in claim 9, wherein the composition is administered at a daily dose of 9-18 grams per 60 kg of body weight of the animal.

14. The method as claimed in claim 10, wherein the composition is administered at a daily dose of 9-18 grams per 60 kg of body weight of the animal.

15. The method as claimed in claim 9, wherein the animal is human.

16. The method as claimed in claim 11, wherein the composition is added to the food in an amount of 3 to 5% of the total food weight.

17. The method as claimed in claim 12, wherein the composition is added to the food in an amount of 3 to 5% of the total food weight.

18. An unsaturated fatty acid composition comprising linoleic fatty acid (n-6, 18 : 2) and α -linolenic fatty acid (n-3, 18 : 3), wherein the weight ratio of said linoleic fatty acid to said α -linolenic fatty acid in said composition is 0.05-2.0.

19. A food comprising the unsaturated fatty acid composition as claimed in claim 18.